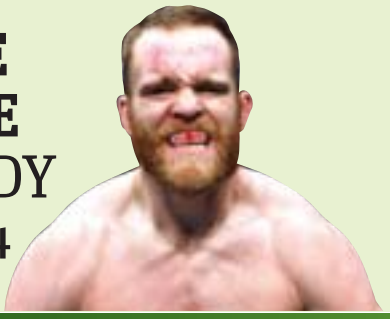
LATELY, CHELSEA ISN'T A FAN
CALLS JOLIE A 'HOME WRECKER' {page 13}



HOME CAGE ADVANTAGE
GRANT READY FOR UFC 124
{page 24}



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Larger. than life



▶ An unidentified man takes a photo as waves roll over the breakwater on the causeway in Cow Bay yesterday. Story, page 3.

ANDREW VAUGHAN/THE CANADIAN PRESS

Wild weather hits the Maritimes

High wind and storm surge warnings were in effect for coastal Nova Scotia as winds and precipitation pounded the region.

Mapping it out for terrorists

Leaked Canadian targets only help extremists: Expert {page 7}

Are there any midwives here?

New report suggests there isn't enough {page 4}

Tough talk over allegation

Mayor, Fisher deny any political interference in proposed convention centre projections ◐ Robertson will 'be held accountable' for comments: Kelly

Mayor Peter Kelly is seeking the advice of HRM's solicitor concerning allegations he pressured staff to inflate projected tax revenues for the proposed convention centre.

At a press conference yesterday, Save the View's Allan Robertson told reporters HRM's manager of fiscal and tax policy, Bruce Fisher, told him Kelly was exerting pressure to highball the projected property tax revenue from the project.

"What (Fisher) said was that 'on the one hand, you're telling me that my estimates are far too high and on the other hand the mayor's pressuring me to get as high a number as possible,'" Robertson said.

Robertson avoided making that accusation himself, saying he was only reporting what Fisher told him during a Nov. 24 meeting.

Kelly denied Robertson's claim, and said he has referred the comments as reported yesterday by Metro Halifax — via Twitter — to the city's solicitor.

"He was making accusations that are untrue," said Kelly.

"It's disconcerting that someone would make that kind of comment. It is of concern, and one that had to be (sent) to our legal staff for review." MAYOR PETER KELLY

"The only timeframe we met with staff is when (the matter) came to council."

Fisher denied experiencing any political interference while making his projections.

"I have not been pressured in any way, by the mayor or anyone else," he said.

"If we're wrong, we're headed for a financial loss. And that's my reputation. There's absolutely no way in the world I'm going to jack that number up."

At issue is HRM's projection that, based on property tax estimates, the municipality would be at a break-even position by supporting the proposed convention centre. Robertson says HRM's staff estimates omits some costs and overestimates revenues. ● ALEX BOUTILIER

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Wicked weather pounds area

Winds strong enough to blow a chimney off a house on Highway 7 swept through the Maritimes yesterday.

Gusts in the range of 100 kilometres per hour were reported near Halifax.

A woman in Musquodoboit Harbour called 911 just after 7:30 a.m. — at high tide — to say "the ocean was surrounding her house," said Dave Meldrum, fire services spokesman.

Firefighters later helped the woman and her daughter escape the house.

At one point, Nova Scotia Power reported more than 30,000 customers without electricity in areas across the province.

Power outages closed eight schools in HRM for the day and caused traffic delays at dark intersections.

Power lines were down and some coastal roads were partially flooded.

Around the Maritimes

- Ferry service between Caribou and Wood Islands, P.E.I., was cancelled for the day and ferry schedules between Nova Scotia and Newfoundland were disrupted.
- The winds also resulted in the closure of the Confederation Bridge.
- Many schools in the Fredericton area were closed for the day with up to 25 centimetres of snow expected.

A tree went down on Quinpool Road yesterday morning and a portion of Gottingen Street was closed by police for a period of time because they were worried that scaffolding would fly off.

Ferry service was also disrupted and there were weather-related delays at the airport.

"With the extra rain and wind there's the potential for debris on the roadways, anything from garbage to, if you're along the coast, boulders, with the power of the ocean," Cpl. Scott MacRae, with the Halifax District RCMP, said yesterday.

JENNIFER TAPLIN

For more news visit metronews.ca/halifax

Firefighters mark Halifax Explosion

Statue on Lady Hammond Road for nine firefighters killed in blast

An old fire truck was restored and rededicated yesterday as a funeral engine.

It was dedicated after the annual ceremony to remember nine firefighters killed in the Halifax Explosion. Engine Number 1 will carry the casket during the funeral of a firefighter killed on duty.

The Duffus Street Fire Station is home to the annual Halifax Fallen Firefighters Monument Service.

Wreaths were laid and pipes and drums were played yesterday to remember the firefighters who were killed when they responded to a call on Dec. 6, 1917. The only survivor was the driver, Billy Wells, who was found clutching half a steering wheel.

"He had all the muscle blown out of his arm," said Colleen Burgess, Wells' niece.

A bell, traditionally used by firefighters to mark shift changes or the end of a call, rang out during the ceremony for the firefighters who did not return to base that day.

"They reflect honour and respect to those who have given so much and served so well," said Capt. Paul Edwards. "Our methods may change but our goals remain the same: To save lives and protect property. Sometimes at a terrible cost." JENNIFER TAPLIN

Weather issues

- Due to yesterday's wet weather, the annual Halifax Explosion memorial service at Fort Needham Hill was moved indoors to the nearby Needham Centre. Another ceremony planned for Dartmouth was cancelled.

RYAN TAPLIN/METRO



▶ A pair of firefighters hold wreaths at the annual ceremony of remembrance for fallen firefighters yesterday.

Man testifies against MacIntosh

A complainant in the second sex-crimes trial of Ernest Fenwick MacIntosh testified yesterday that a widespread climate of denial in the 1970s about sexual abuse allowed his case to lie dormant for decades.

The man, now in his 50s, told Nova Scotia Supreme Court in Port Hawkesbury that MacIntosh had taken him on a long drive on one occasion and fondled him when he was in his teens.

On a second occasion some weeks later, he went with MacIntosh to a rooming house where the former businessman tried to force him to perform oral sex, the complainant told the court.

MacIntosh is charged with five counts of gross indecency and five counts of indecent assault involving three complainants.

The 67-year-old man was convicted in July in a separate case of 13 counts of indecent assault and gross indecency involving two other complainants.



▶ Ernest MacIntosh

THE CANADIAN PRESS

News in brief

Taxi driver injured after confrontation

DARTMOUTH. Police say a taxi driver suffered "significant injuries" over the weekend as he returned to his vehicle after being confronted by a group of youths.

The 60-year-old man was picking up a fare on Pinecrest Drive in Dartmouth around 6 p.m. Saturday when police say a group of youths began hitting his vehicle.

The driver got out of the car and confronted one of the youths, according to police, and was then assaulted by another young male as he returned to his vehicle.

The injuries aren't believed to be life-threatening.

METRO

1 news

Blizzard gives World of Warcraft a facelift by blowing it up. Scan the code for the story.

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Allan Small on how current economic news means it's a good time to be bullish on the market. More at metronews.ca/investing

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Does N.S. have critical shortage of midwives?

Midwives available at IWK Health Centre Shortage prevents some women from giving birth at home



JENNIFER TAPLIN
@METRONEWS.CA

Midwives are in such hot demand in this province that some women delay childbirth or even relocate to get one, according to a consumer group report.

The Midwifery Coalition of Nova Scotia publicly released their report yesterday called Uncomfortable Positions: Consumer Comments on Midwifery Implementation in Nova Scotia. They submitted it to the province, which is evaluating their efforts to regulate midwifes in three areas in the province.

"Our problem is we haven't heard about a timeline and a plan for making it available for all women across the province," said Christine Saulnier of the coalition. "And that's what we've heard from women."

The IWK Health Centre was given funding for two full-time and two part-time midwives.

Since last year, 552 women applied to have a midwife through the IWK, and 173 were accepted.

Ann McCabe, director, Women's and Newborn's Health, said some of those applicants wouldn't have been accepted because they were considered high risk.

"But we still have to send people we would like to accept away," she said. "I don't know how many, because we're only funded for three full-time equivalent (midwife positions)."

Next steps

- The health department finalizing its own report. It will send the complete version to the minister for review before publicly releasing it.

Purple. Reminder



Sherida Hassanali, an equity officer at Mount Saint Vincent, ties a purple ribbon of remembrance to a tree in front of the university yesterday.

RYAN TAPLIN/METRO

Tie a purple ribbon 'round the ol' tree

Ribbon-tying followed a ceremony commemorating the 21st anniversary of the murder of 14 women at L'École Polytechnique in Montreal.

Premier calls backlash to bill overblown

Nova Scotia Premier Darrell Dexter staunchly defended his government's proposed labour legislation yesterday, dismissing mounting opposition from the private sector as a position based on fantasy, not fact.

Dexter has found himself at odds with the private sector in recent days after his government introduced labour-legislation reform. Private sector employers say the proposed bill would hinder their ability to accept work from the government and unfairly favours public sector unions — a stance the premier says is bunk.

"It doesn't matter if they understand it or not. They're going to present a view that isn't sustained by the facts," said Dexter.

"It's entirely disingenuous and it doesn't reflect what is in the bill. It's a good piece of legislation."

Dexter said growing opposition to the bill has pushed debate into the "land of myth," adding that it proposes amendments to provincial labour law he said were technical.

His blunt response came the same day that 18 private sector employers representing thousands of workers in the province signed a letter urging him to kill large sections of the controversial bill.

The group, which includes the Canadian Federation of Independent Business and the Retail Council of Canada, argues the bill could force private companies to unionize if they conduct business with the government.

They also worry that the bill limits the government's ability to contract out work and say they weren't properly consulted.

"As we are sure you agree, Nova Scotians deserve thoughtful debate on all legislation that affects their lives, their workplaces and the province's ability to balance the budget and do things differently," their letter said.

"That is why we are asking you to remove the pieces of the bill that the public was not consulted on until businesses in Nova Scotia have the answers they deserve."

THE CANADIAN PRESS

Time to kill

Opposition parties have promised to protract debate for as long as possible to try to force the New Democrats to change the bill or withdraw it entirely.

- Tory Leader Jamie Baillie said the bill should be rewritten to eliminate the confusion it has created.

Group wants lower speeds near schools

The Union of Nova Scotia Municipalities is calling on the province to reduce speed limits for school zones.

The maximum speed for school zones and children's play areas is 50 km/h, but UNSM wants that to drop to 30 km/h.

Port Hawkesbury Mayor Billy Joe MacLean, who is the UNSM president, has written the minister of Transportation and Infrastructure Renewal to ask that the change be written into the province's Motor Vehicle Act.

METRO

N.S. film industry gets break

Premier Darrell Dexter announced tax-credit changes for Nova Scotia's film, TV and new-media industries yesterday — changes he said will "increase local industry's competitive advantage."

One of the changes makes it so that workers need reside in Nova Scotia only during a production in order to qualify for a residency credit.

The film industry tax credit's production cap was eliminated. METRO

In effect

- The changes are effective as of Dec. 1 for productions starting on or after that date.

Clerk treated after attack by robber

Halifax Regional Police say a store clerk was sprayed in the face with an unidentified substance during a robbery.

Police say paramedics at the scene treated the clerk.

The robbery occurred around 11:47 p.m. Sunday at the Triple A store on Jubilee Road.

Police say the suspect, thought to be 23, fled the scene on foot with cash, lottery tickets and cigarettes.

He was wearing glasses and a scruffy beard and is described as having a skinny build. THE CANADIAN PRESS



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Halifax Shopping Centre
Park Lane Mall
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1668 Barrington St.
Village Centre, 936 Bedford Hwy.
New Glasgow
263 Jury St.
New Minas
County Fair Mall
Port Hawkesbury
Port Hawkesbury Shopping Centre
Sackville
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Sydney
Mayflower Mall
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Corner Brook Plaza
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Gander
Gander Mall
Grand Falls-Windsor
Exploits Valley Mall
Marystown
Peninsula Mall
St. John's/Mount Pearl
Avalon Mall
The Village Shopping Centre
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55 Kelsey Dr.
35 Stavanger Dr.

NEW BRUNSWICK

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Place Bathurst Mall
Campbellton
Sugarloaf Mall
Edmundston
Place L'Assomption
Fredericton
Regent Mall
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WRITE FOR RIGHTS

On December 10th, join the world's biggest letter-writing event

On International Human Rights Day, December 10th, hundreds of thousands of Amnesty International supporters in Canada and around the world will Write for Rights.

Be one of them.

Write a letter, protect a life

By giving a few minutes of your time, you can help protect someone from serious human rights abuses. Amnesty supporters in more than 50 countries will write to help prisoners of conscience, human rights defenders under threat and vulnerable communities facing ongoing abuse of their human rights.

It works!

Three of the people featured in last year's Write for Rights actions are now free, thanks to the efforts of people like you.

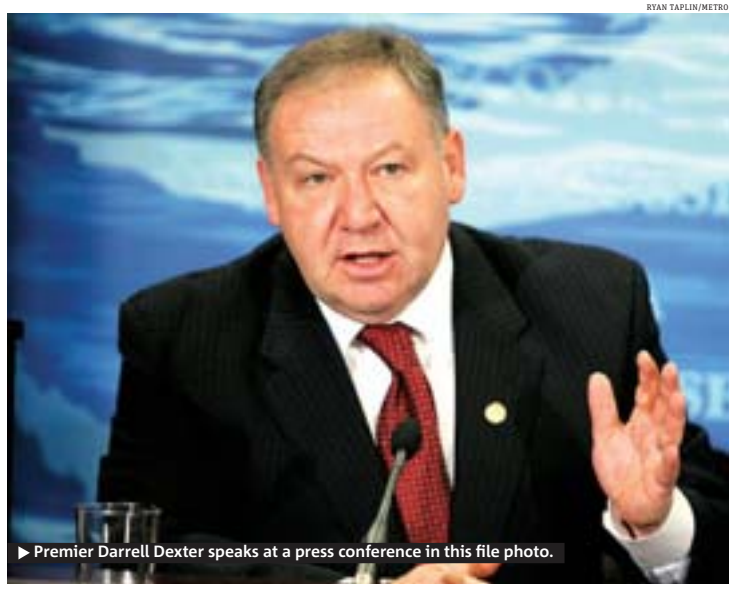
No time to write a letter?

Supporting the thousands of activists who will write letters on December 10th requires resources. You can also stand up for freedom and justice by making a donation to Amnesty International.

AMNESTY INTERNATIONAL

Go to www.writeathon.ca or call 1-800-AMNESTY to take part and learn more.

RYAN TAPLIN/METRO



▶ Premier Darrell Dexter speaks at a press conference in this file photo.

NDP support steady, Tories make gains: Poll

Stephen McNeil's six-month lead in personal popularity ends, with Darrell Dexter back in front



ALEX BOUTILIER
@METRONEWS.CA

Support for Nova Scotia's NDP government seems to have stabilized, but the two opposition parties are in flux, according to polling results released by Corporate Research Associates yesterday.

Thirty-eight per cent of decided voters interviewed by CRA said they'd support the NDP if an election were held that day. That's up one per cent from August.

During that same period, the Liberals fell four points to 31 per cent, while the Progressive Conservatives gained five points to hit 26 per cent.

CRA president Don Mills said the Tories' spike might be related to media attention surrounding Jamie Baillie's confirmation as party leader and by-election victory.

"The PCs got a fair amount of publicity over their new leader, who went through the byelection, got elected ... and was confirmed during a convention during this quarter," he said. "So it's not surprising that PC support would come up."

A full 42 per cent of voters surveyed, however, were either undecided, did not have an answer or did not plan to vote.

Mills said the NDP will most likely be pleased with a six per cent jump in satisfaction to 48 per cent, in advance of what looks to be a tough budget season this spring.

Respondents

▶ A total of 805 adult Nova Scotians were surveyed, with results accurate within 3.4 percentage points, 95 times out of 100.

CRIME

Teenage murder suspect appears in court

A 16-year-old Sydney youth is scheduled to appear back in court Dec. 15 after making a brief court appearance yesterday on a host of charges including second-degree murder.

The male, who cannot be identified, is charged in connection with the weekend stabbing death of a 17-year-old Glace Bay girl, whose name is also prohibited from publication.

Police were called to a home in Whitney Pier shortly after 6 p.m. Friday where they discovered the body of a young girl.

Crown attorney Dan MacRury said should the teenager be convicted of murder, the Crown would be seeking to have him sentenced as an adult.

CAPE BRETON POST

Pair accused of theft

A man and woman have been arrested for allegedly having stolen items in their vehicle while in Bayers Lake.

Police made the arrests Friday evening, and are using it to remind shoppers to take any expensive items they buy for the holidays home immediately, and not leave them in a vehicle unattended.

Timothy Richard Gogan, 38, and Cora Dawn Richard, 28, face charges.

METRO

U.S. list of crucial Canadian sites leaked online

Extensive list attached to classified memo includes dozens of installations, from mines to nuclear plants

Canadian security experts say leaking a U.S. note about possible terror targets in Canada is like doing the extremists' homework for them.

The WikiLeaks publication of an American diplomatic cable listing Canadian bridges, pipelines, power plants and other sensitive places vital to the United States is a worrying development, said Liberal Sen. Colin Kenny.

"You don't have to be a rocket scientist to figure out some aspects of critical infrastructure. But there are other aspects you'd have to work at pretty hard, and you might not think about them," said Kenny, who long served as chair of the Senate committee on national security.

"So I'm starting to get concerned. If this is the tenor of leaks coming, then we have a problem on our hands."

In the classified message, the U.S. State Department asked its worldwide posts to help update a list of sites "which, if destroyed, disrupted or exploited, would likely have an immediate and deleterious effect on the United States."

THE CANADIAN PRESS

Vital sites

Some Canadian sites from the 2009 list of critical infrastructure sites outside the U.S. that Americans regard as vital:

- Hibernia Atlantic undersea cable landing, Halifax
- James Bay Power Project, Quebec
- Mica Dam, B.C.
- Pickering Nuclear Power Plant, Ontario
- Enbridge Pipeline Alliance Pipeline
- CPR Tunnel Rail Crossing, Ontario
- Chalk River Nuclear Facility, Ontario

Pakistan. Attack



▶ Pakistani volunteers rush a person injured by a suicide attack to the emergency ward of a local hospital in Peshawar yesterday.

MOHAMMAD IQBAL/THE ASSOCIATED PRESS

Dozens dead in suicide blast

Two suicide attackers wearing police uniforms and jackets packed with explosives and bullets blew themselves up at a gathering of tribesmen to discuss the formation of an anti-Taliban militia in northwest Pakistan yesterday. Officials said at least 50 people were killed and more than 100 were wounded.

$20B **The earning potential of MMA likely isn't lost on the province, which is running a deficit of almost $20 billion.**

Ontario gives MMA the OK

The Ontario government announced it will begin accepting applications for MMA events Jan. 1, noting just one major event could attract up to 30,000 fans and generate up to $6 million. THE CANADIAN PRESS

Canadians waiting longer for elective surgery: Report

Canadians are waiting longer for elective surgery, according to a new report by the Fraser Institute.

The right wing think tank says the median wait time for surgery across the country has grown to just over 18 weeks, the first increase since 2007.

"Despite huge hikes in health spending, Canadians are waiting 96 per cent longer for surgery than they did in 1993," said Mark Rovere, the Fraser Institute's associate director of health policy research.

"Health care in Canada is being rationed and our current system fails to provide Canadians with timely access to treatment," he said.

"Simply throwing more money at health care is not the answer."

Rovere said politicians need to try policies used in other countries, including cost-sharing, competition and private health care.

The institute says patients are also waiting longer to see a specialist, with the time rising to almost nine weeks from 8.2 weeks in 2009, while the time between seeing a specialist and actually getting treatment has jumped to 9.3 weeks from eight weeks.

"Canadians today are waiting, on average, 141 per cent longer than in 1993 for consultation with a specialist after referral by a general practitioner, and 66 per cent longer to receive treatment after specialist consultation. This paints a grim forecast for the future," Rovere said.

THE CANADIAN PRESS

Wait times

- Prince Edward Island — 44.4 weeks
- New Brunswick — 33.6 weeks
- Newfoundland and Labrador — 29 weeks
- **Nova Scotia — 28.5 weeks**
- Saskatchewan — 26.5 weeks
- Alberta — 22 weeks
- B.C., Quebec — 18.8 weeks
- Manitoba — 17.5 weeks
- Ontario — 14 weeks

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GETTING IN TOUCH WITH YOUR JEALOUSY

She says ...

JESSICA NAPIER



This might sound strange, but sometimes I wish my boyfriend was a little more jealous. OK, make that jealous period.

Maybe I'm crazy, but if your significant other never acts like a green-eyed monster you start to wonder if maybe they wouldn't care if you took another lover on the side.

Jealousy is one of our most primal instincts and when it rears its ugly head, it's hard to ignore. Suspicion and distrust, completely irrational or otherwise, can drive a sizeable wedge between even the most compatible of couples.

But ignore the whole deadly sin thing for a second and consider the fact that jealousy, in the correct measure, might actually be a very important part of a relationship. It's not exactly healthy, but it can be reassuring. Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?

"Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?"

As you might have guessed, I have, on occasion, been a little bit of a green-eyed girl. I promise I'm not one of those *I'm going to hack into your Facebook account in a suspicious rage* types. I specialize in passive-aggressive displays such as the always popular, *I'll sit here brooding for the better part of an hour because you gave our waitress in a low-cut shirt a lingering stare* routine.

Of course, all of these instances of petty pouting have a lot more to do with my own insecurities than any philandering behaviour on his part.

Being one of the most naturally confident people in the world, my significant other never feels threatened. He thinks of jealousy as a pointless exercise in time wasting. And while he's probably right, I still find it irritating.

Recently we were out at a bar with friends and I found myself cornered by a particularly slick-talking guy while my boyfriend was in the washroom. When he returned he didn't approach the situation with an assertive "She's with me buddy" speech. Instead, he stood at a distance and laughed as I awkwardly tried to escape the flirtatious advances of Mr. Too Much Hair Gel.

How wonderful it is to find someone so trusting and good humoured, right? Yes I suppose I should be glad that I haven't partnered up with an overly possessive caveman. But come on; is it so backwards of me to crave a little bit of protective chest-puffing once in a while?

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Hearts get out of ice age

Worth mentioning

Andrea Ybarra belongs to a small group of people who have had a "beating heart" transplant, an experimental operation where the donor heart is placed into a special box that feeds it blood and keeps it warm and ticking outside the body.

Despite advances in heart transplantation, the way hearts are moved around remains low-tech — organ recovery specialists stuff an off-the-shelf picnic cooler with ice and jet off at odd hours to a donor hospital where a heart from a brain-dead patient awaits. They inject a chemical to stop the organ and preserve it in the ice chest for the trip home.

The longer it takes to remove a heart and transplant it, the greater the patient's chance of death or heart disease.

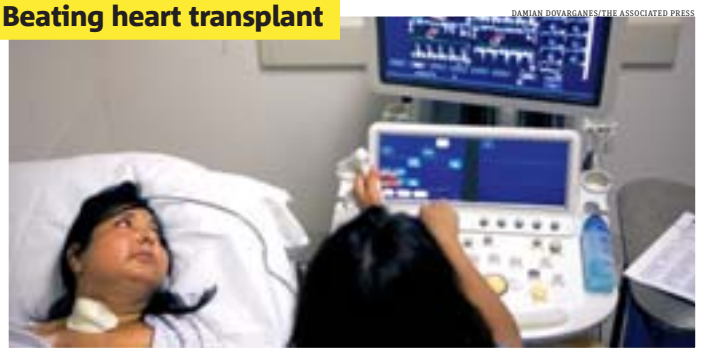
The new high-tech heart box circulates blood from the donor to the heart so that it continues throbbing while in transit.

If the new technology succeeds in preserving hearts longer, doctors could make cross-country heart runs without worrying about how long it takes. If a heart can survive outside the body longer than the current limit, heart transplants may someday be less an emergency procedure and more like an appointment that can be scheduled.

THE ASSOCIATED PRESS

Beating heart transplant

DAMIAN DOVARGANES/THE ASSOCIATED PRESS



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Metro Minute at The Nutcracker

The ballet known for inspiring Christmas spirit is celebrating its 20th year in Halifax.

The Nutcracker, performed by Symphony Nova Scotia, The Young Company of Halifax Dance and Mermaid Theatre of Nova Scotia, opened last weekend and has more shows lined up for the end of the week as it closes out another year.

The Nutcracker is an imaginative story filled with colourful puppets, ballet dancers, and of course, the very recognizable music.

Performances continue Thursday and run through Sunday with tickets $38 for adults and $19 for students and children. Visit symphonynovascotia.ca for complete details.

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CONTRIBUTED



▶ Performances of The Nutcracker run through Sunday.

French. Trade



▶ President of the Republic of India Pratibha Patil, Dr Devisingh Shekkawat, from left, French first lady Carla Bruni-Sarkozy and French President Nicolas Sarkozy in New Delhi, India, where Sarkozy is expected to chase lucrative French-Indian trade contracts.

PASCAL LE SEGRETAIN/GETTY IMAGES

Sarkozy aims to ink India contracts

More passengers take to the skies

Canada's two largest airlines have both reported an increase in passenger traffic in November compared with the same month last year, with WestJet seeing bigger gains than Air Canada.

Air Canada said yesterday that its passenger traffic increased by 7.5 per cent, while WestJet Airlines Ltd. posted a traffic increase of 17.9 per cent.

Calgary-based WestJet grew in capacity by 15.3 per cent, launching new seasonal service between Toronto and New Orleans, as well as between Toronto and the Caribbean stops Santa Clara, Cuba, and Grand Cayman Island.

The airline's load factor — a measure of how full its fleet was — rose 1.8 percentage points to a record 77.7 per cent.

"We're encouraged by the strength of bookings from the business market and the demand for WestJet Vacations packages," WestJet president and CEO Gregg Saretsky said in a statement.

Montreal-based Air Canada said passenger traffic increased as the airline upped its capacity by 7.3 per cent in the traditionally slower off-peak travel season. THE CANADIAN PRESS

Google launches eBooks

Google books can be read via web browsers, free Apple apps and Android, but are Kindle incompatible

GOOGLE.COM/THE ASSOCIATED PRESS



▶Google's books website

Google Inc. is making the leap from digital librarian to merchant in a challenge to Amazon.com Inc. and its Kindle electronic reader.

The long-awaited Internet book store, which is opening Monday in the U.S., draws upon a portion of the 15 million printed books that Google has scanned into its computers during the past six years.

About 4,000 publishers, including CBS Corp.'s Simon & Schuster Inc., Random House Inc. and Pearson PLC's Penguin Group, are also allowing Google to carry many of their recently released books in the new store.

Those publishing deals will ensure that most of the current bestsellers are among the three million e-books initially available in Google's store, said Amanda Edmonds, who oversaw the company's partnerships.

Millions more out-of-print titles will appear in Google's store, called eBooks, if the company can gain federal court approval of a proposed class-action settlement with U.S. publishers and authors. THE ASSOCIATED PRESS

Wal-Mart equity case threatened

The U.S. Supreme Court will consider throwing out a massive lawsuit that claims Wal-Mart pays women less than men and promotes women less frequently.

Wal-Mart argued that women alleging gender bias should file individual lawsuits against individual stores. The case will be argued in early 2011.

THE ASSOCIATED PRESS

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2 scene

Gosselin clan visit the Palins in Alaska

TLC reality show stars get together for a family camping trip in the former governor's home state ◗ Can the pampered single mom Kate keep up with the outdoorsy Palins?

GILES MINGASSON/THE ASSOCIATED PRESS/TLC



▶ Former Alaska Gov. Sarah Palin, left, shakes hands with Gosselin twins, Cara, right, and Mady, as their mother Kate Gosselin looks on as the Palins and the Gosselins go on a camping trip in Coffee Creek, Alaska, during a taping of Sarah Palin's Alaska.

Kate Gosselin is not a happy camper.

On this week's edition of Sarah Palin's Alaska, she and her brood make a much-anticipated guest appearance. But don't expect it to reveal her inner Daniel Boone.

"How would you like to go camping with Kate and her eight kids — that TV show you watch?" Sarah Palin asks her daughter, Piper, at the start of the episode.

Piper squeals with delight at the idea of hanging with these stars of another TLC series.

As things develop, the camping trip in the Alaskan wilds will be no day at the beach for Kate. But it makes for a hilarious hour of Palin's show, which airs on TLC Sunday.

Read no further if you don't want spoiler details of Kate's stab at roughing it.

For a few fleeting moments, it seems she will savour her visit with the Palin family. She instantly bonds with Sarah, as they compare notes on the predatory nature of the media.

"There's not a whole lot of people that I run into that can understand the scrutiny (by) the media and beyond," says Kate, whose crumbling marriage to Jon was documented on Jon & Kate Plus 8 while it spurred a feeding frenzy from the tabloid press.

Now, single mom Kate and her kids just happened to be in Alaska taping one of her Kate Plus 8 specials, which occasioned their guest spot with the Palins.

The first stop: Sarah takes Kate to a bear safety class to prepare her for their camping expedition.

On the road from Wasilla to the class in Anchorage, Sarah sort-of jokes that, in case of a bear attack, "You need a partner with you who's slower than you."

"Oh, my gosh!" replies Kate, who already was spooked by the bear rug in the Palins' home. "Sacrifice your friends?"

At the rifle range, she looks more miserable than she used to look with Jon.

And that's only the beginning.

The day of the camping trip, it's — wouldn't you know? — pouring rain.

Out in the middle of nowhere by a stream and surrounded by mountains, Sarah is smiling, chipper and (literally) loaded for bear.

"Rain or shine, Alaskans still camp. We still find a way to have fun," she chirps.

Then Kate and her kids land at the campsite. Quickly, Kate proves to be a bigger pill than a horse tranquilizer.

"I'm not worrying about bears right now," she is soon grousing. "I'm just worried about keeping my toes wiggling 'cause they're freezing."

Sarah, daughters Piper and Willow, husband Todd and other family members seem to be having a blast. So, for that matter, are Kate's youngsters.

"The kids are having fun, so I'm tolerating it, but this is my new home," grumbles Kate, having sullenly planted herself, apart from the rest, beneath a tarp. "I am miserable, but, I mean, somebody's got to be."

Sarah, ever gung-ho, announces to the group, "This is the most luxurious camping spot I've ever seen!"

Cut to Kate, who tells the camera, "It just kills me that people, like, willingly do this." THE ASSOCIATED PRESS

Scene in brief



Spike TV says Neil Patrick Harris will host this year's Video Game Awards. The star of stage, video games and TV's How I Met Your Mother, Harris will preside over the eighth annual celebration of gaming's best, Spike TV announced yesterday. Also expected are comedian Dane Cook, Thor: God of Thunder video-game star Chris Hemsworth, pro skateboarder Tony Hawk, and cast members from It's Always Sunny In Philadelphia, including Danny Devito, Kaitlin Olson and Rob McElhenney. THE ASSOCIATED PRESS

ScanLife

Beverly Hills auction of Cash keepsakes nets over $700,000, including $50,000 for prison suit



DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother



Eclipse hits its target

The Twilight Saga: Eclipse
Genre: Fantasy/Romance
Director: David Slade
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner

Twilight is still at the kissing stage, and a bad case of "bite-us interruptus" is starting to take hold.

As with most third installments of a franchise, Eclipse suffers from an excess of characters and dialogue and a surfeit of real plot changes, even with Hard Candy's sharp-eyed David Slade at the helm.

Much of the ludicrously florid dialogue ("I'm going to fight for you until your heart stops beating … and maybe beyond") causes unintentional fits of laughter.

But you can't really blame Slade or the movie for staying true to the book — fans demand it — and Stephanie Meyer's overripe novel is more of a wheel-spinner than a page-turner. This latest screen adaptation should satisfy the rabid faithful even while leaving viewers not born female in the 1990s more mystified than ever.

PETER HOWELL



Inception
Genre: Action/Thriller
Director: Christopher Nolan
Stars: Leonardo DiCaprio, Joseph Gordon-Levitt

Even after several viewings — one just won't do — Inception remains the year's brainiest thriller, if only for that maddening ending. Does the spinning top stop, or not?

Writer/director Christopher Nolan changed the way people thought about superhero movies with his cerebral blockbuster The Dark Knight. With Inception, he has boldly reinvented the heist picture.

Leonardo DiCaprio cuts a rakish figure as Dom Cobb, a corporate spy who functions like the Freddy Krueger of the boardroom: he enters the dreams of industry captains and steals their most valuable secrets. Now he's tasked with his riskiest assignment of all: reversing the procedure, so he deliberately plants an idea in someone's head. Cobb's talents are eagerly sought, but they have taken a personal toll tinged with intimations of tragedy. He's chased by memories of his wife, Mal (Marion Cotillard), the mother of his two young children, whose status in his dream life is as uncertain as her corporeal existence is in the real world.

It's one of the best movies of 2010.

PETER HOWELL

IT'S TIME TO RE-DEFINE INDIE

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



When you say the word indie rock, a lot of different thoughts come to mind. There's the newbie musician hoping to land a record deal; the popular band that's been perfectly happy releasing music on a small independent label; or a style of music. No one, though, would put indie and Taylor Swift in the same category.

But since 2006 Taylor Swift has, technically, been an indie artist — she's released all her records on Nashville-based label Big Machine Records. And she's not the only big name on an indie label; 273 independent artists were nominated for Grammys this year.

Other acts, such as Our Lady Peace, are technically indie too. They left Sony Music to release their 2009 disc Burn Burn on their own, while Pearl Jam put out 2009's Backspacer by themselves. While it's true these labels are technically independent — they're not owned by a major label — you'd be hard pressed to find anyone that would put Taylor Swift in the same category as The Meligrove Band, who are now on the small Toronto label Nevado Records.

Most people should know that, at least in the case of Swift, lots of major label money is flowing her way. But it still may be time to redefine what we mean by independent, especially as the majors become more marketing departments than record labels.

I'm not sure how to define an artist anymore, or even if we should. There are acts like Death Cab For Cutie who are on a major, but many still think of them as indie. Other independent acts get distributed through major labels — sometimes it's the big guys who foot the promotion bill too.

For years people have been wishing that the term indie die a quick death and with more and more big name artists starting their own labels, now might be time to put the final nail in its coffin. People will define bands however they want, but maybe now we can finally let the music speak for itself.

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Leachman still going

Role on Raising Hope has 84-year-old in vintage comedic form

"Vanity" is a word that seems missing from Cloris Leachman's play book.

This is no surprise to those who have savoured the veteran actress-comedian in her anything-but-self-admiring performances the past six decades.

She's best known for her roles on the iconic Mary Tyler Moore, in Young Frankenstein and her Oscar-winning turn for best-supporting actress in 1972's The Last Picture Show.

Now Leachman fires jolts of unbridled daffiness on Fox's Raising Hope, which airs Tuesdays at 9 p.m. EST.

"I just hang on and say, 'What am I gonna do now?' I really trust Greg Garcia," she says of the series' creator. "And he trusts me."

She plays Maw Maw, the dementia-addled, wildly inappropriate senior cared for by granddaughter Virginia (Martha Plimpton) and her husband Burt (Garret Dillahunt).

Their son Jimmy (Lucas Neff) shares the chaotic home, along with his baby daughter, Hope.

Moments of lucidity are few for Maw Maw, who may be found removing her top and bolting out the front door, or forcing a "Christmas cookie" on Burt she made from dirt and pebbles.

Any doubts about Leachman's gung-ho attitude were dashed two years ago on Dancing With the Stars.

She didn't win, but with moxie and sass she outlasted the likes of singer Toni Braxton, chef Rocco DiSpirito and reality star Kim Kardashian. THE ASSOCIATED PRESS

RAY MICKSHAW/THE ASSOCIATED PRESS/FOX



▶ Cloris Leachman, left, and Martha Plimpton in a scene from Fox's, Raising Hope.



Carey knows health's price

What's the skinny on Drew Carey?

In the last year Carey has shed a lot of weight in an effort to establish a healthier lifestyle.

According to Parade magazine, Carey set a goal to lose close to 90 pounds by November, dropping from a high of 262 pounds at the start of the year to around 170. He had shrunk from a size-44 to a size-34 waist by press tour last August.

He said it was a year-long commitment to diet and exercise that did the trick.

He cut down on carbs and gulped down plenty of water instead of colas. Whenever he was tempted by a burger, a tip from one of the Price is Right hostesses set him straight.

"She said to me, 'Nothing tastes as good as skinny feels,'" says Carey.

The 52-year-old comedian has tried to lose weight before. Back in 2001, when he was working on his sitcom The Drew Carey Show and Whose Line is it Anyway? it was discovered one of his arteries was clogged. After an angioplasty the comedian tried to curb his appetite.

His weight had climbed back up by the time he succeeded Bob Barker as host of The Price is Right in 2007. Carey was once again experiencing shortness of breath.

Losing the weight more gradually and combining diet with exercise — with the help of a trainer — has helped him keep the weight off this time.

THE ASSOCIATED PRESS

DAN STEINBERG/THE ASSOCIATED PRESS



▶ Since the fall, once rotund game show host Drew Carey has gone through a dramatic weight change.

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Chelsea Handler lets loose on Angelina Jolie
Apparently, she's not the only one

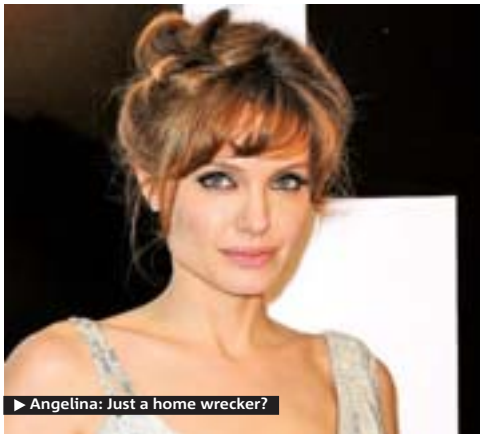
For Chelsea Handler, being pals with Jennifer Aniston apparently means going after Angelina Jolie, as the talk-show host unleashed a tirade about Jolie at a recent stand-up show in Newark, N.J., according to Popeater.

"She's a home wrecker, she is," Handler told the audience. "She can rescue as many babies from as many countries as she wants to."

And apparently Handler isn't alone in her feeling.

"Everyone in Hollywood is scared to say what they really think about Angelina except Chelsea," a source says.

METRO



▶ Angelina: Just a home wrecker?

Miley may sue over fake cellphone pics

Miley Cyrus is reportedly considering legal action against Canadian blogger Zack Taylor after he posted a risque cellphone photo purported to be the 18-year-old Disney star wearing next to nothing, according to Popcrunch.

Taylor later admitted the photo was fake, as the woman pictured was actually a British model. Cyrus' reps reportedly maintained it wasn't her because Cyrus' tattoo under her left breast was not visible.

METRO



▶ Miley Cyrus

Cox still has her Friends

Courteney Cox can still count on "Friends" co-star Jennifer Aniston to be a friend, according to Exposay.

"Jennifer has been so wonderful. You need good friends to keep your spirits up," Cox says.

As for her relationship with estranged husband David Arquette, Cox is incredibly candid about not knowing what will happen next.

"It's too early to say if we will get back together," she says. "We've always tried to be very open with each other. That spirit has never left us, even though things became difficult in the last year."

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▶ Courtney Cox





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DRIVE AWAY THE PERFECT GIFT...

3 life

Wash your hands



Flu germs can linger on poles and handles in public transit. You've heard this a zillion times, but it's worth a reminder: "Hand washing as frequently as possible is one of the most effective ways to decrease the spread," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City.

CELIA MILNE



At the start of flu season, U.S. Centre for Disease Control estimates one in three has had flu shot

ISTOCK PHOTO



▶ It's easy to pick up flu germs at work. Try to keep common areas and work spaces as clean as possible.

Beware the bug

It's shaping up to be a pretty light year for the flu, but things can still turn bad quickly ◗ Experts recommend getting the shot regardless

CELIA MILNE
WELLNESS@METRONEWS.CA

The chances of getting H1N1 this year are very low.

And — rejoice! — it looks like it's going to be a fairly light year for the seasonal flu, too.

"This is very good news," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City. "It is nothing compared to last year. It's a rest for us."

Surveillance data from countries that have already had their flu season tells scientists that the strains circulating this year are common seasonal strains.

Only one case of H1N1 has been reported so far this flu season, the tail end of last year's pandemic, says Dr. Ouellette.

He warns, however, that we should never get complacent.

"Influenza every year can be deadly. It's serious," Dr. Ouellette said.

Regular seasonal flu can kill but usually at the extremes of the population — among the very young and the very old, as well as those with depressed immune systems. Public health officials are keeping an eye on a fatal outbreak of flu on a reserve in northern Manitoba.

"Influenza every year can be deadly. It's serious."
DR. MARC OUELLETTE, A PROFESSOR AT LAVAL UNIVERSITY IN QUEBEC CITY

The best defence is getting the flu shot, says Dr. Ouellette, who receives the vaccine himself every year. It's not too late for this year, though it does take from two weeks to a month to give your body full protection.

"There is scientific proof that the vaccines are safe and protect you against getting the disease yourself and also infecting other people," he says.

Last year, results of a study showed that vaccinating young school children decreased the rate of infection from flu for the whole community, including parents and grandparents.

Who is at risk?

These groups could be badly affected by the flu:

- Children under two
- Adults over 65
- Pregnant women
- People with chronic diseases such as asthma, heart failure and chronic lung disease
- People with low immune systems
- People under 19 who are receiving long-term aspirin therapy.

"Unfortunately," says Dr. Ouellette, "when these people get the vaccine, it is not as efficient because their immune systems are not as active."



Diet alone not enough to supply needed vitamin D

With winter upon us, some experts say people need a supplement to get enough nutrients

Confused about how to get enough vitamin D in your diet or whether you should pop a daily supplement?

Don't worry, you're not alone.

A report released this week by the Institute of Medicine that was meant to clarify just how much Canadians and Americans need of the so-called sunshine vitamin seems to have clouded the issue even more.

Following a two-year review of vitamin D research, an expert panel tripled the recommended daily dietary intake to 600 international units for people up to age 70, and hiked the optimal amount for those 70-plus to 800 IUs.

But the committee said its recommendations, which also set calcium intake levels, are aimed only at maintaining good bone health.

The IOM said it could not weigh in on vitamin D's possible role in reducing the risk of some cancers and other diseases because it believes the scientific evidence isn't conclusive.

Especially considering to reach 600 IUs from the diet, a person would have to just consume two glasses of milk — one of the few dairy products fortified with vitamin D — an egg or two, a half-can of salmon or a can of sardines, and a large serving of meat.



▶ Vitamin D.

The Canadian Cancer Society is sticking with its advice that adults take a 1,000-IU vitamin D supplement during the limited fall-winter months.

THE CANADIAN PRESS

Vitamin D

Only a very few foods have vitamin D, either naturally or through fortification. Here is a sampling with the amount listed:

- **Milk** homo, 2 per cent, skim (250 ml/1 cup)
- **Rice** or soy beverage, fortified (250 ml/1 cup)
- **Margarine** fortified (5 ml/1 tsp)
- **Egg yolk** cooked
- **Salmon** sockeye/red or chinook, canned or cooked (75 g/2 1/2 oz)
- **Sardines** Pacific, canned (75 g/2 1/2 oz)
- **Tuna** White canned with water (75 g/2 1/2 oz)

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Ski, snow and sun

Peter A. Andersen, a health professor, talks about how to take care of our skin when exposed to the sun and the snow.

People are unaware of the risks of UV radiation when skiing.
This is because we tend to associate sun burning with summer days and warm weather. Even at the beach people are less likely to use sunscreen when the weather is cool. Heat reminds people of burning, though it is not infrared heat but ultraviolet radiation that causes such burning to happen.

The risk of damage to the skin is higher on the mountain than on the beach.
When skiing or snowboarding you have reflected UV from the snow and the amount of UV increases at higher altitudes, making the risk greater.

Before heading out on the slopes people should be applying sunscreen.
A minimum of SPF 15 to 30 is best.

Regular skiers (at least once a year) are more at risk of developing dangerous skin conditions such as cancer.
Those that are unprotected and have repeated exposures are at greater risk. Skiers can protect themselves with clothing, shade, sunscreen, helmets or brimmed hats.
SAN DIEGO STATE UNIVERSITY

The year of the gap

JESSICA CARLESON
@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES



▶Australian supermodel Jessica Hart flashes her adorable gap-toothed smile.

In the past, gapped front teeth were considered geeky, nerdy and kind of awkward. However todays trends brand them as "perfect imperfections" – the latest beauty must have. In France they are called the "dents du Bonheur" ("teeth of luck") and over in Nigeria, some consider them to be a sign of a strong sexual nature.

Would you be willing to surgically get a gap?

Mouthy muses

For many, the memory of years spent with heavy metal braces remains vivid, and painful: Teeth clanging together during a first kiss, the excruciating pain of retightening. But others left theirs uncorrected, and are intriguing because of it. Think of Madonna, models Georgia May Jagger and Lara Stone, True Blood star Anna Paquin and Chanel muse Vanessa Paradis. They represent the modern gap-mouthed beauty – and a minority. Less than 10 per cent of people are naturally gap-toothed.)

"It's a trend towards individuality," says dental surgeon Debra Glassman. "The idea that a gap-toothed woman is more sexy holds weight when you think of those showing them off today."

The natural smile

Cosmetic surgeon Dr. Irwin Smigel claims people are coming to him to make their smiles look more natural. "Natural-looking teeth have gradations in tone, tiny imperfections in shape, and can even vary by skin tone," he says.

"Perfect teeth look like you're trying too try hard and a gap will invariably imply that the smile is natural."

The question is, how far will you go to get the look?

Glassman's clients are prepared to pay on average $1,200 to have a permanent gap cosmetically created. Once she and a patient have settled on the size of the space, she removes the tooth area on either side to be "gapped," making a mold of those teeth that were altered. The mold will be used to create fingernail-thin porcelain coverings for the teeth.



Getting yoga on the brain

Jennifer Aniston's yoga teacher, Mandy Ingber, talks philosophy and body tone She created a hybrid workout accessible to the masses

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yoga + Philosophy = Yogalosophy

"The idea is to bring the philosophy of yoga into every aspect of your physical activities," explains Mandy Ingber, founder of Yogalosophy, a hybrid between classic yoga postures and toning exercises. She may have Victoria Beckham and Jennifer Aniston hooked on her moves, but her original motivation was to appeal to the masses and motivate those who assumed they weren't flexible enough or good enough for yoga.

"I kept it simple by pairing classic yoga poses with familiar toning moves adaptable to both workout types," she explains.

The key to Yogalosophy's success is that even those unfamiliar with yoga will not feel intimidated by the workout. .

Via the body and mind

Ingber's theory is that the combination of yoga and muscle toning moves enhances overall physical performance. By linking your body to your mind, you are creating muscle definition and reducing mental stress.

"The 'mind' angle of yoga is about setting an intention and bringing this meaning into any form of exercise. If you're heading out for a run, start with some sort of dedication. Try and focus on something other than weight loss, like the unique feeling of being in your own healthy body."

Dedicate your run to having a body that can move the way it does and keep bringing your thoughts back to this initial thought.

For example, if one day you find yourself giving up on exercise, remember how good it felt when you used to work out and how your body came to crave this feeling of wellbeing.

That's what Yogalosophy is about: thinking about how exercise makes us feel.

The consciousness of yoga, and being in the present, can be applied to mindless workouts.

Creating the optimal workout

Combining yoga with cardio vascular moves allows you optimize your body's potential. Take running, for example, a classic cardio vascular workout. Runners need to stretch before their run, to lengthen the muscles. Why not include this focused stretch-mentality before and throughout the run?



"Our bodies are at their strongest when resting, as this is the period of recovery," explains Ingber.

For specific moves, go to mandyingber.com.

FURRY COMPROMISES

Smug Marrieds

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
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I've been a cat person all my life. My fiancé is a dog person. How is our relationship going to survive?

Angela says...
Live on the wild side and get one of each! Just imagine: Fluffy and Rocky cuddling next to you and your spouse on the couch in front of the fire.

But if that's not an option (or an adventure you're willing to embark upon), choose one breed of either species that suits both your needs.

Cat lovers tend to like their feline friends for their size, temperament and cleanliness (i.e. litter box instead of poop and scoop).

Dogs tend to get a bad rap as being stinky, jumpy and loud.

But there are plenty of dog breeds that are "cat-like" and, on the flip side, there are some cats that think they're dogs — we have one of those!

Best thing to do is check out cats and dogs together to see if you both agree on one — after all, it's the personality of the animal you'll end up falling in love with, not necessarily the species.

Derek says...
Clearly there was some sort of glitch in the eHarmony algorithm when it paired you up with your match.

Cat and dog people mix like oil and water.

But prepare yourselves for countless "this is why dogs/cats are better" conversations in the coming years.

My advice? Draw up a pre-nup outlining litter box cleanup duties for all parties to sign (I know I wish I had).

It could mean the difference between marital bliss and a lifetime of resentment and sorrow.

And if you've never owned a dog before, they can really cramp the style of young urban elites who enjoy soaking up a city's culture and nightlife; they need constant attention and deserve to be outdoors as much as possible.

To be fair to the animal, you need to be home every morning and evening, and take them with you on weekends.

Why not save it for when you bring kids into the mix? You'll be home much of that time anyway.

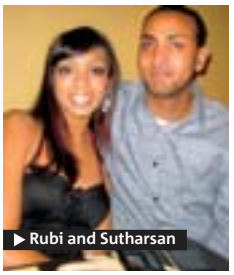
UNIVERSITY FRIEND BECOMES LIFE'S LOVE

Names: Rubi, 22, and Sutharsan, 26

Hometown: Mississauga & Vaughan

Together since: April 2010

Their story:



▶ Rubi and Sutharsan

How We Met: Rubi & Sutharsan

"When I (Rubi) decided to go away to school to Brock University five years ago, I didn't realize then that the friendships I was making were meant to last a lifetime...

I met Sutharsan at university and we became friends. But it wasn't until last year that we really hit it off. We'd both moved back to the Toronto area to work, and I ended up at a job close to where he lived.

We got together to reminisce about the good old times, but it soon turned into a much stronger bond. He quickly became my best friend. We both now believe in fate and we see that it is relationships based on friendship that are the strongest. Through our highs and lows, we've learned that a battle is easier fought with two hearts as opposed to one stubborn mind! We're going seven months strong and we're looking forward to forever with each other. With our hearts in the clouds and our minds set on keeping each other happy, we're excited about everything and anything the world has to offer us!"

Prickly affair

There may be countless pint-sized fans of Mrs. Tiggy-winkle, Mr. Pricklepants and Sonic — but that doesn't mean there are many real hedgehogs in the home. Fewer than 150,000 live hedgehogs are estimated to live in the United States Disney-Pixar movies and Sega video games.

THE ASSOCIATED PRESS

MARIAH TAUGER/THE ASSOCIATED PRESS



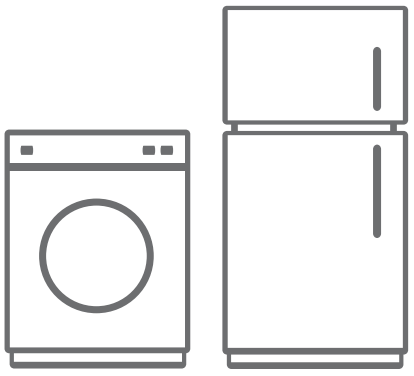
▶ Hedgehogs can be good companions, say fans.

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†The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org

Fit for a president

The White House chef shares his gingerbread recipe

To celebrate the holidays at the White House, pastry chef Bill Yosses created a 160-kilogram replica of the White House made of gingerbread. But after a month on display, no one gets to eat those slabs of chocolate-covered gingerbread. Here is Yosses' recipe for gingerbread you can actually eat.

CHARLES DHARAPAK/THE ASSOCIATED PRESS



▶ Cookies from the White House include a replica of Bo, the presidential dog.

White House Gingerbread Cookies

Preparation:

1. In a large bowl, use an electric mixer to beat together butter and brown sugar for 5 minutes. One at a time, add eggs, then molasses. Set aside.
2. Into a medium bowl, sift together flour, ginger, cinnamon, baking soda, baking powder and salt.
3. With mixer on low, add a third of the dry ingredients to butter-sugar mixture. Beat until just mixed in, then stop mixer and scrape down sides of bowl. Repeat this process with remaining thirds of the dry ingredients.
4. Add both zests and mix. Transfer dough to a sheet of plastic wrap, spreading dough until 2.5 cm (1 inch) thick. Cover with another sheet of plastic wrap, then refrigerate overnight.
5. When ready to bake, heat oven to 180 C (350 F). Remove dough from refrigerator. Break off a small piece of dough and roll it out on a floured surface to between 3 mm (1/8 inch) and 5 mm (1/4 inch) thick. Add flour while rolling to prevent sticking.
6. Use a cookie cutter to cut out cookies. Repeat with remaining dough. Arrange cookies on a baking sheet, leaving about 2.5 cm (1 inch) all around. Bake for 12 minutes. Once baked, transfer to a wire rack. When cooled, decorate as desired. Makes 50 cookies.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) butter (2 sticks), softened
- 500 ml (2 cups) packed dark brown sugar
- 2 large eggs
- 250 ml (1 cup) molasses
- 1.75 l (7 cups) all-purpose flour, plus more for rolling out dough
- 1 ml (1/4 tsp) ground ginger
- 1 ml (1/4 tsp) cinnamon
- 5 ml (1 tsp) baking soda
- 1 ml (1/4 tsp) baking powder
- 1 ml (1/4 tsp) salt
- Zest of 1 lemon
- Zest of 1 orange

Choices for your feast



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

While Christmas may still be a few weeks away, when it comes to buying wine for your holiday feast it's never too early to talk turkey.

You might think that with all the sweet, sharp and herbaceous side dishes that typically tag along with a classic roast turkey dinner, finding an appropriate wine match would be a challenge. The good news is that the big bird is surprisingly forgiving when it comes to a liquid partner.



If you like a touch of green apple sweetness pick a bottle of German or Australian riesling. For something that swings to the drier side choose a gooseberry-infused sauvignon blanc from New Zealand or France's Bordeaux region.

I'm a chardonnay kind of guy at heart so a lightly oaked and tantalizingly tropical New Worlder like Concha y Toro's 2008 Marques de Casa Concha Chardonnay ($17.95 — $24.99) from Chile is one of my go-to holiday favourites.

If red is more your style, think a fruit-infused pinot noir from New Zealand or California, a cherry-berry Italian Chianti Classico or, for something completely different, an Argentinean made from malbec.

Next week I'll ham it up with holiday wine picks for the other red meat.

Prices reflect the range across the country. Some products may not be available in all provinces.

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We know Nova Scotia has plenty of amazing communities. We can't wait to hear from yours!

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DON'T LET PENSION PLANS PASS YOU BY

Registered Pension Plans (RPPs) are established by employers for employees to help with retirement savings. According to Statistics Canada, less than 40 per cent of paid workers have an employer-sponsored registered pension plan. The remaining 60 per cent either didn't have access to one or simply weren't participating. Some companies have an opt-out clause where the employee can choose whether to contribute to the RPP; other companies have mandatory participation.

If you're fortunate enough to have access to a plan, don't opt out. With most company-sponsored pension plans, the employer kicks in free money or free benefits.

So, if you contribute four per cent of your salary, and your employer matches it 100 per cent, it will add an additional four per cent. Whatever the specific matching program is, it makes sense to maximize your portion of the contributions into the plan for two reasons: you contribute with pre-tax dollars and you get free money from your employer. Don't pass up free money!

Take a serious look at your company's pension plan because it can be worth hundreds of thousands of dollars by the time you retire.

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Season's savings

- Don't let the holidays take hold of your wallet
- Celebrate the season in style with a few cents-ible tips



▶ Remember to save your ribbons and decorations for next year's festivities.

The holiday season often sparks memories of eggnog, mistletoe and hours spent at the crowded mall.

But for many, the holiday season can be a financial strain, with gifts to still be bought, parties to attend, a house to decorate and even increased travel expenses.

Plan your expenses now so the winter weather is the only unexpected surprise this season.

1. Book travel plans in advance

Traveling during the holidays is expensive and you can often spend twice as much for flights at this time of year.

Book early and save your money and the hassle of trying to find last minute deals.

2. Host a potluck

Holiday parties can be expensive so ask friends and family to chip in by bringing food, drinks and even decor. The cost per person is minimal and everyone will be happy to contribute to the festivities.

3. Reuse decorations

What would the holidays be without lights, tinsel and a little mistletoe? At the end of the year, store all of the decoration in a cool, dry place so you can use them again next year.

4. Create a budget

A recent study by MasterCard Canada reports that one in five Canadians (17 per cent) don't budget for the holidays. Create a budget at the beginning of the year that includes all your expenses – from gift giving to that New Year's Eve outfit.

NEWSCANADA

THEY SAY:
KEY MARKET INDEXES SPIKED IN Q3.



WE SAY:
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STRAIGHT FINANCIAL TALK YOU CAN USE

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Office offerings for all

Ace the art of the Secret Santa exchange with these helpful pointers Show your co-workers you truly care



The office intern generally works hard for little or no pay. Thank them with a thoughtful present.

It's that time of year — you're buying presents for your dearest friends and closest family members. And that one quiet guy at the office.

It's the office Secret Santa and you may find yourself buying for someone whose name you barely remember. To help, staff from Canada's largest bargain hunting site, RedFlagDeals.com, have put together a list of top-notch but affordable gift suggestions:

Boss

Buying presents for your boss can be awkward. We'd suggest choosing a modest, meaningful gift over something overpriced or fancy — you don't want to look like you're currying favour.

Something fun like a framed candid shot of your team at work or gourmet cookies can work for the executive in your life.

Receptionist

If there's one thing a receptionist has enough of, it's office supplies. Skip the cute notepads, novelty paperclips and colourful pens. Treat the secretary to a bottle of high-end hand lotion or a gift certificate to the local salon for a manicure/pedicure combo.

New person

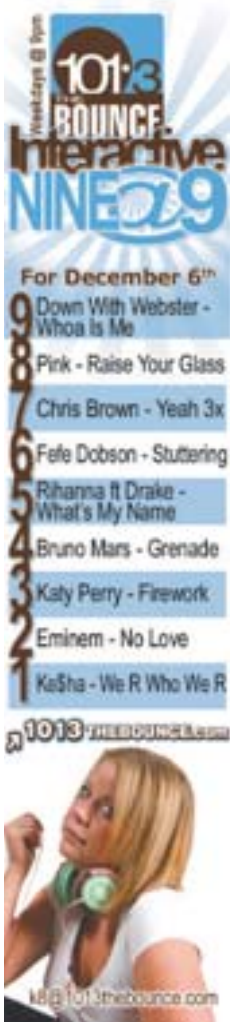
This one is tougher. Keep an eye on what the new person likes to eat or snack on. You can put together a gift basket or, for a more modern approach, keep your eye on the Deal of the Day promotions at RedFlagDeals.com.

Intern

Usually "intern" is a code word for "underpaid." Skip the gag gifts and get your intern a gift card for Amazon.ca or their favourite local store.

Tech Support

The people who fix your computer should be treated well. You can't very well give bars of gold, but a gift certificate to their favourite restaurant would go over nicely. NEWS CANADA



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4 sports

Rainmen undergo more turnover

RYAN TAPLIN/METRO FILE



▶ Adris DeLeon

The Halifax Rainmen's ever-changing roster continues to evolve as the Premier Basketball League pre-season approaches.

The Rainmen saw guards Adris DeLeon and Troy Jackson leave the team yesterday, with DeLeon signing in Spain and Jackson departing because of a family emergency.

Meanwhile, the Rainmen signed two-guard Tommy Mitchell and brought in six-foot-five guard/forward Derrick O'Neil as a tryout.

Slam Dunk sellout

▶ The Rainmen announced yesterday Rogers Slam Dunk Night — the Rainmen's pre-season home opener on Dec. 16 for which Rogers donated 9,600 complimentary tickets — has "sold out."

Mitchell, who once played for the Manchester Millrats and has had several NBA tryouts, projects as a starter.

"He's a quiet storm," said owner Andre Levingston.

"He doesn't say boo in practice but the kid doesn't miss much. He practises hard, does his job, hits big shots, runs the floor and you can tell he spends a lot of time in the gym. He's a pro."

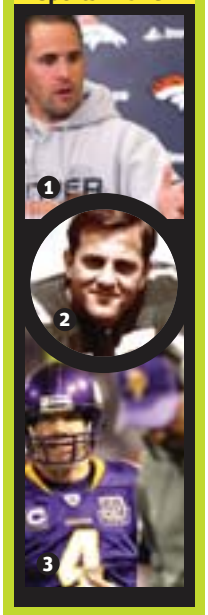
Mitchell can also play point guard, meaning he'll be able to spell projected starter Taliek Brown and potential backup Tajuan Porter.

There are 13 players left at training camp, including eight with contracts, leaving two jobs up for grabs.

The Rainmen visit the Saint John Mill Rats on Friday for their pre-season opener.

MATTHEW WUEST

Sports in brief



1 The Denver Broncos have fired coach Josh McDaniels.

2 Don Meredith, an original member of ABC's Monday Night Football broadcast team, died Sunday. He was 72.

3 The Minnesota Vikings are expecting Brett Favre to play once again this weekend.

THE ASSOCIATED PRESS

Scan code for more sports

Grant's Jiu Jitsu to get its toughest test

Local fighter on undercard at UFC 124 in Montreal Event headlined by welterweight champ Georges St-Pierre and challenger Josh Koscheck



MATTHEW WUEST
@METRONEWS.CA

12 Number of submission victories for T.J. Grant in 20 career fights. He is still seeking his first submission win at the UFC level.

Call it home-cage advantage.

Cole Harbour mixed martial arts star T.J. Grant will re-enter the octagon on Saturday at the Bell Centre in Montreal for UFC 124. It's Grant's sixth career UFC fight — he's 3-2 — and third at the Bell Centre, where the crowd always gives him a much-appreciated boost.

"It's like home field — they always cheer on the Canadian boys," the 26-year-old said. "You get cheers for everything you do. It plays in your opponent's mind and I feel it gives me an extra advantage."

Grant, coming off a win over Julio Paulino in UFC 119 in September, will go up against American Ricardo Almeida, who has a 5-4 record at the UFC level and is a third-degree Brazilian Jiu Jitsu black belt.

Grant, who has a Brazilian brown belt, said it will be the toughest test yet of his Jiu Jitsu skills.

"We're both strong in that area and I'd give him the advantage," Grant said. "But this is an MMA fight and I've been training hard on my wrestling, striking and my Jiu Jitsu, so I feel good about it."

CONTRIBUTED



▶ T.J. Grant, right, fights Kevin Burns during UFC 107 in Memphis, Tenn., in December 2009.

Jays ship Marcum to Brewers

8 Lawrie batted .285 with eight homers, 36 doubles, 16 triples and 30 stolen bases for double-A Huntsville in 2010.

The Toronto Blue Jays added Brett Lawrie to their stockpile of young players big on potential after acquiring the Canadian prospect from the Milwaukee Brewers for right-hander Shaun Marcum.

Lawrie, a 20-year-old second baseman from Langley, B.C., has been on the club's wish list since the Brewers made him the 16th overall draft pick in the 2006 draft, one spot ahead of the Blue Jays, who chose first baseman David Cooper instead.

Lawrie has the combination of raw power and speed that general manager Alex Anthopoulos covets. THE CANADIAN PRESS

JAMIE SQUIRE/GETTY IMAGES



▶ Brett Lawrie

Sports in brief

Ezurike gets NCAA honour

SOCCER. Lower Sackville women's soccer star Nkem Ezurike has been named to the NCAA Division I All-Great Lakes Region third team. Ezurike led the Michigan Wolverines with nine goals, including three game-winners, and 19 points, and was a Big 10 second-team selection and all-freshman pick. METRO

Former Jays GM headed to HOF

MLB. Pat Gillick is headed to the Hall of Fame after putting together three World Series championship teams, two of them with the Toronto Blue Jays, in 27 years as a major league general manager. The Halls' doors were shut for George Steinbrenner.

THE ASSOCIATED PRESS

RICHARD WOLOWICZ/GETTY IMAGES



▶ P.K. Subban will likely be a healthy scratch tonight.

Subban waits for his shot

Young Canadiens defenceman has been out of lineup since his two-error game last week

There has been no shouting or moaning from rookie P.K. Subban about his temporary banishment from the Montreal Canadiens lineup.

And the 21-year-old defenceman swears he doesn't need a bodyguard in the Bell Centre pressbox when he watches his teammates play.

But the talented and effervescent rookie who became an instant fan favourite during the club's playoff run last spring has been as much a topic of debate for not playing as he was before coach Jacques Martin decided to drop him from the lineup.

"I think it's a healthy situation. Players have to earn their ice time."
COACH JACQUES MARTIN

Since committing two costly errors in a 4-3 loss to Edmonton last week, Subban has sat out two games and the indication from yesterday's practice, where his defence partner was unused forward Dustin Boyd, was that he will be a healthy scratch again when the Canadiens play host to the Ottawa Senators tonight.

"The focus is not on me," Subban insisted to a crowd of media yesterday after practice. "The team's winning now and that's all that matters.

Subban had a goal and eight assists and was plus-5 in the Canadiens' first 25 games this season and looked to have become a fixture on the defence. The benching was a reminder that rookie mistakes are only tolerated to a point.

THE CANADIAN PRESS

Leafs top Caps in shootout

5	4
MAPLE LEAFS	CAPITALS

Mikhail Grabovski scored the lone shootout goal and the Toronto Maple Leafs rallied from three goals down in the third period to beat the Washington Capitals 5-4 last night.

Jonas Gustavsson was perfect in the tiebreaker, making Grabovski's goal stand up as the winner.

Grabovski skated in on Michal Neuvirth, pivoted in front of the crease and, with his back to the net, scored with a backhanded shot at the right post.

Washington carried a 4-1 lead into the third period, but Grabovski, Tim Brent and Clarke MacArthur, with his second of the game, all scored to get the Maple Leafs even.

Brent and MacArthur scored 59 seconds apart, with MacArthur's tip-in making it 4-4 with 1:24 left in regulation.

Mathieu Perreault had his first two goals of the season and Mike Knuble also scored for Washington.

Gustavsson made 32 saves for Toronto while Neuvirth stopped 24 shots for Washington.

THE CANADIAN PRESS

GREG FIUME/GETTY IMAGES



▶ The Toronto Maple Leafs celebrate after a shootout win over Washington last night.

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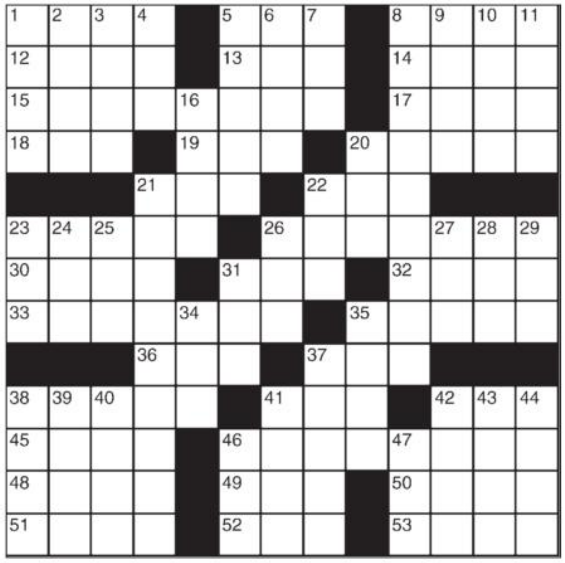
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Crossword



Across

1 Actress Turner
5 Possessed
8 Heart of the matter
12 Chopping tools
13 Have a debt
14 Poi base
15 A Great Lake
17 Quite some time
18 Request
19 Comic Romano
20 Penniless
21 Martini ingredient
22 Belushi of "The Defenders"
23 Book of maps
26 Least inclined to do anything
30 Slay
31 Howl at the moon
32 Profit
33 Los Angeles team
35 Intimidate
36 Meadow
37 Coop occupant
38 Raise trivial objections
41 Gullet
42 Chaps
45 Sandwich cookie
46 Olympian cupbearer
48 Property claim
49 Conclusion
50 One
51 Reveille's opposite
52 Myrna of Hollywood
53 Courage

Down

1 Tibetan monk
2 Line of symmetry
3 Head-shoulders connector
4 Blond shade
5 Paul who played Crocodile Dundee
6 Vacationing
7 Hideaway
8 Variety of grouse
9 "Othello" villain
10 "Star —"
11 Gardening aid
16 Rainbow
20 Occupation, for short
21 Masses of nerve tissue
22 Big name in late-night TV
23 Toss in
24 As well
25 Cover
26 Part of UNLV
27 Water (Fr.)
28 Sermon subject
29 Potent stick
31 Bikini top
34 Moray, for one
35 Like a lawn at dawn
37 Convenient
38 Future stallion
39 Met melody
40 Joe Biden, e.g.
41 Hand (Sp.)
42 Options list
43 Fix a manuscript
44 Trawler equipment
46 Solidify
47 Beer container

▶ Yesterday's answer

C	B	S			A	R	M		E	A	S	E		
E	R	A	S		L	E	I		I	D	E	S		
L	O	K	I		L	A	X		G	O	A	T		
T	W	I	X	T		M	U	C	H					
			T	A	G		P	O	T	T	E	R		
P	L	A	Y	B	O	Y		W	H	O	L	E		
L	O	O	M		O	A	F		O	U	S	E		
A	N	N	I	E		M	A	T	U	R	E	D		
T	E	E	N	S	Y		B	A	R					
			U	P	O	N		I	D	E	A	L		
S	O	F	T		K	I	D		A	L	F	A		
K	N	E	E		E	K	E		Y	A	R	N		
Y	A	W	S		S	E	W			N	O	D		

Sudoku

8	7			9		6		4
		1						2
6					5		3	
		9	7		3			
1				8				5
			1		6	2		
	9		4					3
7						5		
4		2		6			7	1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	9	1	4	6	2	7
4	1	7	2	6	8	5	9	3
6	2	9	3	5	7	8	1	4
9	6	3	4	2	5	1	7	8
8	4	1	6	7	3	9	5	2
5	7	2	8	9	1	4	3	6
1	5	4	7	8	2	3	6	9
7	3	6	5	4	9	2	8	1
2	9	8	1	3	6	7	4	5

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"Nish, I love you. I was thinking of you and thought you deserve this. Keep working hard - I want you to know you're amazing." **YOUR LOVING BOYFRIEND**

To the man who always makes me smile. I can't get enough of you. I've memorized your face and the way you look at me. I cherish every moment that we spend together. As close friends, we will always find our balance. **I LOVE YOU BABY.**

Dear AW, I just wanted to tell the whole city about how incredible you are and how my heart will always be yours. From your stranger, **MT**

Sarah! these last few weeks have been the best of my life! i couldnt be any more in love!!! i miss you soo much, im the LUCKIEST guy alive! i cant wait to see you and hold you in my arms again <333 **LOVE JUSTIN :)**

Today 5°/-1° Variable
Wednesday 2°/-4° Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 One of the best times for your career begins today and you must make the most of it. Get rid of the idea that you are somehow not good enough to compete with the best.

♉ Taurus April 21-May 21 It's not true that you think only of yourself and you will get the chance to prove it today. You are at your best when fighting on the side of truth and justice, so follow your conscience.

♊ Gemini May 22-June 21 You may resent having to pay for something that you feel you should get for free but what choice do you have? Sometimes in life you have to give some to get some and it would appear this is one of those occasions.

♋ Cancer June 22-July 22 Cosmic activity in your opposite sign of Capricorn will bring disputes to the boil over the next few days but that's good because you have been avoiding them for too long.

♌ Leo July 23-Aug.23 It is one thing to have a dream but quite another to turn that dream into reality, so start thinking now about how you can make your life more secure and enjoyable.

♍ Virgo Aug. 24- Sept. 22 One of the best times of the year begins for you as Mars moves into the most dynamic area of the sky. It does not matter how many things went wrong in the past, it will all start going right again very soon.

♎ Libra Sept. 23-Oct. 23 Keep what you say short and sweet because others will lose interest quickly if you spin things out too long. Also, make sure you back up your words with actions.

♏ Scorpio Oct. 24-Nov. 22 You are thinking too much about a problem that will most likely resolve itself if you just leave it alone. If you really are so concerned get a friend to sort it out for you.

♐ Sagittarius Nov. 23-Dec. 21 You have come a long way in recent weeks and you will go a lot further over the next few days. But are you making what you have discovered, about yourself and about the world, pay financially?

♑ Capricorn Dec. 22-Jan. 20 Energy planet Mars moves into your sign today and it won't be long before you feel the difference physically, emotionally and intellectually. Put the past behind you and focus on your bright new future.

♒ Aquarius Jan. 21-Feb. 18 No matter what happens over the next few days you must keep reminding yourself that you are not a victim, that you alone control your destiny.

♓ Pisces Feb. 19-March 20 For too long now you have been worrying about your reputation and about how other people perceive you. Now at last you can do something about it. And you don't have to do it alone. **SALLY BROMPTON**

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARCO UGARTE/THE ASSOCIATED PRESS



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AIR CANADA VACATIONS

Deals of the week

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Holguin
Sirenis Playa Turquesa • 4 ★
All-Inclusive • Superior rm.
Mar. 26 - Apr. 16 • 1 wk.
$1099
+Taxes & other fees: $155

Varadero
Sirenis La Salina Varadero Beach Resort • 4 ★
All-Inclusive • Standard rm.
Feb. 25 & Mar. 4 • 1 wk.
$1229
+Taxes & other fees: $155

Cayo Coco/Cayo Guillermo
TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm.
Mar. 19 & 26 • 1 wk.
$1259
+Taxes & other fees: $155

BERMUDA
The Fairmont Southampton • 5 ★
Fairmont rm. • Feb. 12 • 1 wk.
PRIVILEGES
$1569
+Taxes & other fees: $112

ST. MARTIN/ST. MAARTEN
via Toronto
Hotel Beach Plaza • 3 1/2 ★
Breakfast
Luxe island view rm.
Jan. 8, 15 & 22 • 1 wk.
$1249
+Taxes & other fees: $202

DOMINICAN REPUBLIC

Punta Cana
Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Feb. 26 • 1 wk.
$1439
+Taxes & other fees: $151

Gran Bahia Principe Punta Cana • 4 1/2 ★
All-Inclusive • Junior suite
Feb. 26 • 1 wk.
PRIVILEGES
$1699
+Taxes & other fees: $151

Gran Bahia Principe Ambar, Don Pablo Collection • 5 ★
All-Inclusive • Junior suite
Feb. 26 • 1 wk.
Adults only
PRIVILEGES
$1759
+Taxes & other fees: $151

MEXICO

Cancun/Riviera Maya
Grand Sirenis Riviera Maya Hotel & Spa • 5 ★
All-Inclusive • Junior suite
Feb. 27 • 1 wk.
$1319
+Taxes & other fees: $247

Gran Bahia Principe Tulum • 4 1/2 ★
All-Inclusive • Standard rm.
Mar. 6 • 1 wk.
PRIVILEGES
$1399
+Taxes & other fees: $247

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive
Traditional standard rm.
Feb. 7, 14 & 28 • 1 wk.
PRIVILEGES
$1329
+Taxes & other fees: $97

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Feb. 7, 14 & 28 • 1 wk.
PRIVILEGES
$1669
+Taxes & other fees: $97

USA

Boston
Hyatt Regency Boston • 4 ★
Double or twin guest rm.
Jan. 5, 6, 12, 19 • 3 nts.
$489
+Taxes & other fees: $115

Orlando via Montreal or Toronto
Clarion Resort & Waterpark • 3 ★
Double guest rm.
Jan. 17 - 19 • 1 wk.
$539
+Taxes & other fees: $116

CRUISE

PRINCESS CRUISES[1]
Caribbean Princess
Southern Caribbean Cruise
Flight to San Juan via Toronto
Interior stateroom, cat. M
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$1329
+Taxes & other fees: $132

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